Colonel Thomas J. McGrath hails South Boston MA; he graduated and was commissioned as a 2LT of Infantry from Northeastern University in 1981. Col McGrath served as a rifle platoon leader in the 101st Airborne Division (Air Assault) from 1981-1985 and commanded two infantry companies in the 10th Mountain Division from 1985-1988.

He served as a brigade assistant S3, Aide de Camp to the Division Commander and Assistant Operations Officer G3 from 1988-1991 in the 10th MTN Division. Following his attendance at the Command and General Staff College, Col McGrath served as a Chief of Strategic Plans, Secretary of the General Staff, Battalion Operations and Executive Officer 5th Battalion, 87th Infantry, Camp Commander for Operation Safe Haven (Cuban Migrants) for US Army South in the Republic of Panama, 1993-1997. Returning to the United States in 1997, Col McGrath served as the Maneuver Branch Chief for the Battle Command Training Program at Fort Leavenworth Kansas. He then Commanded 1st Battalion, 61st Infantry at Fort Jackson South Carolina. Soon thereafter, Col McGrath served on the Army Staff, Washington, D.C. from 2001-2004. In 2004-2005, Col McGrath deployed in support of Operation Iraqi Freedom, where he served as the Chief of Staff for the Political Military Economic Effects in conjunction with the Multi-National Force Iraq (MNF-I) Staff. He then returned to the United States and served as the Director of Quick Reaction Testing for Joint Testing and Evaluation, Arlington, Virginia, 2005-2007.

Col McGrath's awards and decorations include the Bronze Star, the Defense Meritorious Service Medal, and the Meritorious Service Medal(5 OLC). Also, he was the recipient of the Douglas McArthur Leadership Award in 1987.